

BUILDING RESILIENCE IN OUR CHILDREN

*Let's help them
to bounce back.*



There is evidence to suggest that young people who are resilient are more likely to achieve school success, both academically and personally.

Children who are not resilient have higher risks of poor mental health and they can experience difficulties when faced with a challenge.

Resilience is not something you have or don't have it is more of a skill we can learn. We can help children become more resilient so that they are more able to cope with life's uncertainties and problems.

Sometimes though, negative thoughts can take over. Reassure your child that just because they think something, it doesn't mean it is true. You can help them to think in a more positive way.

Negative Thought - Something bad will happen to me when I am at school.

Feeling - Scared, anxious, worried.

Behaviour- Avoid school, tantrum, cry.

Can be turned into.....

Positive Thought – Focus on the best part of the day and remember your teachers and friends are there to help.

Feeling - Safe, energized, happy.

Behaviour - Go to school, smile, and say 'hi' to friends.



Who can help?

You can....by listening, letting them share their worries with you and reassuring them that together you can find a solution.

- Encourage your child to face their fears, not run away from them.
- Tell your child that is okay to be imperfect.
- Focus on the positives.
- Schedule relaxing activities.
- Model positive thinking.
- Reward your child's brave behaviour- a big hug, a walk to the park, share a book.
- Encourage good sleep routines.
- Help your child to problem solve.
- Stay calm
- Practice relaxation exercises with your child.
- Encourage your child to never give up!

Teachers and school staff- please ask for additional support if you or child need it. We are here to help. Our nurturing approach is a fundamental part of our school and we want to ensure all of the children are supported so that they feel happy and can be successful.

Mrs Rock – Emotional Literacy Support Assistant is available to work with identified individuals and groups of children across both schools.

Remember:

Worry and Anxiety are natural, normal feelings which we all experience from time to time. It is our body's way of preparing us for a challenge. All children and young people get anxious at times and this is a normal part of their development as they grow up.

When our children are afraid of situations, they want to avoid them. However, avoidance of anxiety provoking situations maintains the anxiety. Instead, if a child faces their fears, the child will learn that the anxiety reduces naturally on its own over time.